



Workshop Title: **Clothing for Body and Soul + Quilts**
Description: Multi-day creative clothing and quilt design class
Level: Beginning, Intermediate and Advanced
Sewing Machine used: Yes

Descriptions: In this workshop students will create a garment or small quilt that will “speak” for them. Using a traditional or contemporary pattern, each student will be encouraged to create a one-of-a-kind work that will reflect individual personality or ethnicity, make a social or political statement, and/or express humor. A variety of construction and embellishment techniques will be explored. Students may work with just one color, or many contrasting prints or solids, and/or experiment with textures. With the addition of buttons, beads, bells, baubles, braids, ribbons, and/or lace, each student’s work will make a unique and individual statement. In this multi-day class students will initially focus on design, fabric selection, layout, and techniques. Rachel will work with students first to facilitate the design phase and then move on to construction. Students will be encouraged to work at their own pace with one-on-one input from Rachel throughout the process.

Supplies Participants Should Bring:

- ✓ 12-20 print or solid fabrics (you are welcome to bring more) in 1/4 - 3/4 yard pieces
- ✓ Batting and backing for quilt
- ✓ Embellishments to enhance your piece
- ✓ Extension cord
- ✓ Iron
- ✓ Basic sewing kit and tape
- ✓ Pens, pencils, note pad or writing paper
- ✓ Pattern or examination table paper
- ✓ Rotary cutter and board
- ✓ Omnigrid or Quilter’s ruler
- ✓ Sense of adventure and humor!

NOTE: PRESHRINK ALL FABRICS

Garment makers also need: A basic garment pattern that fits you (Rachel’s patterns will also be available for \$15).

- ✓ Base fabric (muslin or flannel) 4 yards
- ✓ Lining for garment